



ROCK SOLID NEWSLETTER

January 2017

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: Starting The New Year with A Bang

Happy New Year.2017 is here. Can you believe it? Where did 2016 go?

So here we are with a New Year all cued up. What's going to be different about this year?

A while back I talked to you about 2 words that can make all the difference as far as we being happy and reaching our goals.

Those 2 words- Patience and Persistence.

In today's world things happen very quickly.

It's good in some ways and bad in others. There is no doubt that our technology allows us to do things that we never would have dreamed about even 5 years ago. Five years, how about 1 or 2? That's how fast the world is changing.

Patience

Even though it's exhilarating and very exciting in many ways there is also a down side.



The down side is, we want everything right now and there in lies the problem.

It's important to be patient and persistent because all of this fast paced stuff makes for a lot of clutter and noise and robs us of our focus and ability to stay on task. It also stops us from taking a moment to take a deep breath and listen to the silence.

There we go. Another very important concept.

During family, job, kids, expectations are we taking any time for ourselves? This is not a pitch for starting my kickboxing program but simply a reminder about the importance of "Me, Quiet Time."

When was the last time that you listened to the silence? When was the last time that you gave yourself a chance to be surrounded by silence?

I know. This may be getting too philosophical. You might be expecting me to talk about martial arts and fitness, but I am.

You see, to do the absolute best in our martial arts, fitness, business, life we need to recharge. Get away from the noise and listen to the silence.

There is one other thing that the practice of silence leads to.

It's in helping ourselves become the best that we can be.

After all, isn't that what we are on the planet to do?

Here's to your best in finding the path to becoming your best. Take time to listen to the silence.

Happy New Year

Fred Nicklaus

Fred Nicklaus

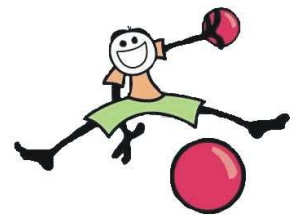
Owner & Master Instructor

The Healing Power of Dodgeball

Friday, Jan 13 @ 7 pm

At Blessed Sac School

We've all had those days. You know, the ones where you are wound tighter than a drum. The days when you just need to find a way to get rid of some of that pent up frustration.



There is absolutely no better way to get rid of that frustration than to take a ball and throw it at someone as fast as you can. It's even better when your ball finds its target.

Here's your opportunity to throw a ball at someone really fast.

We will be hosting a **DodgeBall Night on Friday January 13th at 7 pm at Blessed Sacrament School.**

This is your chance to have some excellent fun, get some exercise, cheer on your buddies, and rid yourself of any frustration that you might be carrying around with yourself.

Plan to be there. Parents and kids can all join the fun.

Let us know in the office if you are planning to come.

Dodgeball is a great time!

Special Sparring Class

Jan 28 – 11:15-12:30

@MAA

**On Saturday January 28th
Mr. Nick will be hosting a
special sparring class
from 11:15-12:30.**

This class is highly recommended for students who have already been sparring but especially for



those students who have not been sparring as regularly or not at all.

This class would be vitally important for Green and Purple belts who are approaching their Blue belt and will need to spar in order to reach their Blue Belt levels and beyond.

During this class we will focus on important sparring fundamentals that will help all students improve their technique.

Safety will be stressed in this class as it's important for all students to remember that taking care of our partners is an all important priority.

Mark the 28th on your calendar and let us know in the office that you will be there.

Reminder- In order to spar students must have their full set of sparring equipment. If you do not yet have that and are planning to engage in more sparring classes please order your full set of gear as soon as possible.



**Happy
Birthday!**

- 6 Ella Walden
- 11 Marquis Young
- 12 Gandharv
Eadara,
Elijah Sweeney
- 16 Lily Robinson
- 19 Ms. Schwertfeger
- 20 Mr. Schwertfeger
- 21 Asya Her
- 24 Evan Fukuda
- 25 Ivan Valentine
- 27 Kiersten
Elskamp,
Elijah McClellan




**Welcome to
MAA**

- Aaron Lukas
- Elijah Wieser

**Welcome to the
Leadership
Program**

- Jeremiah Las
- Mason Webb

ROCK SOLID CALENDAR – JANUARY 2017:

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 Dragon Theme: Fitness	2	3	4	5	6	7
8 Dragon Theme: Self- Discipline	9	10 	11	12	13 DODGE BALL 7 pm @ Blessed Sac. School	14
15 Dragon Theme: Memory	16	17	18 	19	20 Advanced / Black Star Testing 630 pm @ Blessed Sac. School	21
22 Dragon Theme: Coordi- nation	23	24	25	26	27 	28 Special Sparring Training With Instructors 11:15-12:30 @MAA
29 Dragon Theme: Self- Control	30 	31	1	2	3	4

Febuary Upcoming Events:

- Beginner Testing – Feb 10

Leadership Weapon of the Month: *Nun-Chuks*
Next Month: Escrima Sticks